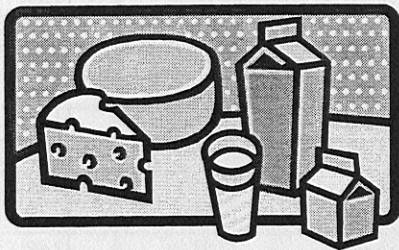


# Hartford Area Food Stores Price Survey

October 26, 27, 2003

City of Hartford  
Food Policy Commission



Inside you will find a price comparison of selected items at seven supermarkets in the Hartford area.

Each item is listed along with its price at each store. The total cost of all items for each supermarket is then added so that you can compare the stores.

We have also provided a summary of the results, noting which stores are least expensive in certain categories, such as 'fruits and vegetables' and 'dry goods'. To make the best use of this survey, look at those items which you buy most often. Then determine which store offers

## Are You Eligible for Food Stamps?

Over 20 million people across the United States are getting help from the food stamp program. Many people want to know if they are eligible before going to the Department of Social Services. There is now an easy way to see if you are eligible.

Through funding from the United States Department of Agriculture, End Hunger Connecticut! Inc. developed a web-based prescreener to determine eligibility for the Food Stamp Program (FSP). The Food Stamp Program is a nutrition assistance program, our nation's first defense against hunger and food insecurity.

This prescreener is easy to use and customer friendly. The prescreener is available through the Internet and in the community in conjunction with EHC's Outreach Workers. It includes all aspects of Connecticut's food stamp eligibility determination. Users are able to print out a food stamp application and are given detailed information on how to apply and the location of the nearest food stamp office.

The web-based prescreening tool is a convenient way to not only check out food stamp eligibility but also to see what's new with the Food Stamp Program. It can be especially helpful for those who work with people who may be eligible for food stamps.

In addition computer access among low-income families appears to be growing. A study conducted by students from the University of Connecticut Department of Nutritional Science found that many lower income individuals do have access to the Internet.

During the month of November 2002, UCONN students interviewed people at Department of Social Services offices around the state. They found that out of those surveyed almost half (48%) owned a computer, and of those who owned a computer, 60% had Internet access. 70% of people surveyed said that even though they don't own a computer, they still have access to one. A majority of people said that they use a computer at a friend or relative's home (37%) or at the library (31%). Overall, these findings highlight the fact that many low and moderate-income families do have access to a computer and the Internet.

Visit [www.foodstampsct.org](http://www.foodstampsct.org) and in just ten minutes you will know if you are eligible. The site also provides information about the program and where to go to apply.

Please contact Sally Mancini at End Hunger CT! with any questions. 560-2100 ext 17.

Supermarket Survey	Size	Waldbaum's	Adam's	Shop Rite	Shaw's	Stop&Shop	Stop&Shop	Big Y	
October 26-27, 2003		W. Hartford	Hartford	Manchester	W. Hartford	Bloomfield	Hartford	E. Hartford	
Vegetables: Potatoes, fresh, eastern, white	5 lb. bag	2.99	1.69	1.99	2.50	s 0.99	s 0.99	2.99	
Carrots, fresh	1 lb. bag	0.99	0.79	0.79	0.69	0.79	0.79	0.79	
Tomatoes, fresh, loose, not plum	per lb.	2.99	0.79	s 1.69	1.89	3.49	3.29	0.99	
Iceberg lettuce, fresh	1 head	1.79	0.79	s 1.29	1.39	1.59	1.29	1.79	
Cabbage, fresh, green	per lb.	0.99	0.39	s 0.33	s 0.69	0.59	0.59	0.59	
Onions, fresh, yellow	2 lb. bag	1.99	0.99	1.19	6 1.49	s 1.49	1.50	1.69	
Green beans, frozen, regular cut, store brand	9 oz.	0.79	0.89	3 0.99	0.79	0.75	0.79	0.88	s
Corn, whole kernel, Del Monte canned, regular	15.25 oz. can	0.89	0.89	0.89	0.89	0.69	0.79	0.79	
Fruit: Bananas, fresh, green tips	per lb.	0.69	0.59	0.99	0.49	0.69	0.49	0.69	
Apples, lowest price variety, fresh	per lb.	0.99	0.69	s 0.69	0.69	s 1.29	0.99	0.79	
Raisins, store brand	24 oz. cont	3.99	2.99	2.29	2.89	2.79	3.29	3.19	11
Orange juice, frozen concentrate, store brand	12 oz. can	1.45	1.49	0.99	1.29	0.89	0.89	1.49	
Meat/Dry Beans/Eggs/Nuts: Ground beef, 85% lean	per lb.	3.89	2.99	s 3.49	3.99	3.29	3.29	2.99	
Chicken drumsticks, small pack, least expensive	per lb.	0.89	1.69	s 0.99	1.89	0.99	1.19	1.39	
Pork, loin chop center cut, small/no bone, not family	per lb.	3.29	4.99	s 2.49	5.69	s 2.99	s 5.29	3.99	s
Bologna, beef, Oscar Meyer	8 oz.	1.89	2.19	1.99	2.29	1.79	2.29	2.19	
Tuna, chunk light, water packed, Starkist	6 oz. can	0.89	0.89	1.39	0.57	s 1.29	0.89	0.79	
Red kidney beans, dry, Goya	1 lb. bag	0.69	0.89	0.59	0.69	s 0.59	0.69	0.89	
Eggs, white, grade A large	per doz.	1.69	1.49	1.39	1.50	1.69	1.50	1.49	
Peanut butter, store brand, regular, creamy	18 oz. jar	1.89	1.50	1.69	1.29	1.69	2.09	1.49	
Milk/Cheese: Whole milk, store brand	1 gal.	3.49	2.79	s 2.99	3.19	3.19	3.19	3.59	
Cheese, Mozzarella, shredded, store brand, LMPS	12 oz.	2.62	1 2.89	3.29	2.89	1.50	s 2.69	2.78	
Grains: Bread, white, enriched, store brand	20-22 oz. loaf	0.79	0.67	1.59	0.99	1.29	1.19	0.99	
Cereal, Cheerios, regular	15 oz. box	3.79	3.59	2.99	2.79	3.59	3.79	3.79	
Cereal, Kellogg's Frosted Flakes	15 oz. box	3.29	3.29	3.39	3.29	3.89	2.50	3.19	
White flour, store brand	5 lb. bag	1.59	1.49	0.89	1.17	s 1.29	1.59	0.99	s
Rice, white, long grain, enriched, store brand	5 lb. bag	1.39	1.89	1.50	2.79	1.59	1.49	2.49	12
Spaghetti, regular (#8) store brand	1 lb. box	0.68	0.67	0.33	s 0.89	0.50	s 0.79	0.77	
Fats/Oils/Sweets: Coca Cola, regular	2-liter bottle	0.99	0.89	s 1.09	1.11	s 0.89	0.89	0.84	s
Grape jelly, Welch's concord	18 oz. jar	1.89	1.89	1.79	1.89	1.99	1.79	1.99	
Vegetable oil, blend, store brand	24 oz.	1.72	2 1.89	1.49	1.79	1.39	1.79	9 1.13	13
Margarine, quarters, veg oil, store brand	1 lb.	0.89	0.89	4 0.99	0.59	0.50	s 0.50	1.09	
Mayonnaise, store brand	32 oz.	1.99	1.99	1.99	2.79	2.69	3.49	2.79	
Other: Pasta sauce, Prego, traditional	26 oz. jar	2.59	2.19	2.29	0.99	s 1.87	7 2.69	2.09	
Salsa, Ortega, Thick and Chunky, medium	16 oz. jar	2.79	2.69	1.64	1.79	s 2.89	2.49	10 2.89	
Dinty Moore Beef Stew	24 oz. can	2.69	2.69	2.49	2.49	2.59	2.79	2.59	
Macaroni and Cheese, Kraft, three cheese	7.25 oz. Box	1.29	0.99	0.80	0.99	0.95	1.39	0.99	
Campbell's chicken noodle soup, regular	10.75 oz. can	1.59	1.49	0.79	0.89	1.39	0.99	0.75	
Infant formula, Enfamil (w/iron)	13 oz. conc.	3.29	3.49	3.49	3.29	3.29	3.25	4.89	
Coffee, Maxwell House, canned, original	13 oz.	3.29	2.99	2.59	2.99	2.39	3.29	2.39	
Laundry detergent, Tide, powder	40 loads	8.69	9.61	5 7.99	8.49	9.99	8 9.49	7.99	
Toilet tissue, Scott	roll. 1000 ct.	0.75	0.79	0.75	0.75	0.69	0.79	0.65	
Totals:		87.75	81.37	75.29	82.44	80.71	85.78	83.55	
Store Cleanliness & Service: (excellent, good, fair, poor)		good	good	good	good	excellent	excellent	good	
Notes	1. Based on price of 16 oz. bag; 2. Based on price of 32. oz. bottle; 3. Bird's Eye brand; 4. Corn oil; 5. Based on price of 32-load box								
s - indicates the item is on sale (includes 2 for 1 offers),	6. Based on price of 3 lb bag; 7. Based on price of 36 oz. jar; 8. Based on price of 39-load box; 9. Based on price of 16 oz. Bottle								
possibly only with saving card	10. Tostitos brand; 11. Sun Maid brand; 12. Canilla brand; 13. Based on price of 2 oz. bottle								



## Summary of Results

If your shopping list resembles the items we have used in this sample, then the ratings below may help you in determining which supermarkets will give you the best value.

### Overall Prices

<i>least</i>	1	Shop Rite, Manchester
<i>expensive</i>	2	Stop & Shop, Bloomfield
	3	Adam's, Hartford
	4	Shaw's, West Hartford
	5	Big Y, East Hartford
<i>most</i>	6	Stop & Shop, Hartford
<i>expensive</i>	7	Waldbaum's, West Hartford

The prices at the least expensive supermarket, Shop Rite in Manchester, are 14% lower than at Waldbaum's in West Hartford, the most expensive supermarket.

You may wish to buy certain types of items at specific stores. The best value for meat, egg, and dairy as well as dry and canned goods is at the Shop Rite in Manchester. For fruits and vegetables Adam's in Hartford offers the best value. Also keep in mind that supermarkets such as Big Y and Stop & Shop often offer large discounts on specific items. Keeping an eye out for sales is a big money saver.

# Store Locations & Bus Lines

## Bloomfield

### **Super Stop & Shop**

- 313 Cottage Grove Road  
Bus: S1, T4, T5

## East Hartford

### **Big Y**

- School Street Plaza, 287 Ellington Road  
Bus: H1 (East Windsor Hill)

## Hartford

### **Adam's Food Stores**

- 76 New Britain Avenue  
Bus: Q2

### **Super Stop & Shop**

- 150 New Park Avenue  
Bus: K3

## Manchester

### **Shop Rite**

- 214 Spencer Street  
Bus: any B

## West Hartford

### **Waldbaums**

- Bishops Corner, 772 North Main Street  
Bus: A1, E2, U3

### **Shaw's Super Food Store**

- Prospect Plaza, Prospect Avenue  
Bus: K3

**For More Information on Bus Routes, contact  
CT Transit at (860) 525-9181.**

This survey is produced by the  
Hartford Food Policy Commission.

For more information, or to volunteer  
to help survey stores, please contact  
us anytime:

### **Food Store Price Survey**

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